



The Home Maker



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... *The* ...
HOME MAKER

*A Book of Practical
Household Hints
and Menus*



Dedicated to the Young Housewives
of Los Angeles County—the county
of Wonderful Climate and Golden
Opportunities

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The Home Publishing Company

American Bank Building
Los Angeles, California

FOREWORD

WHEN the happy couple have set sail to embark upon their long matrimonial voyage, it is quite natural that one of their first thoughts should be that of a HOME.

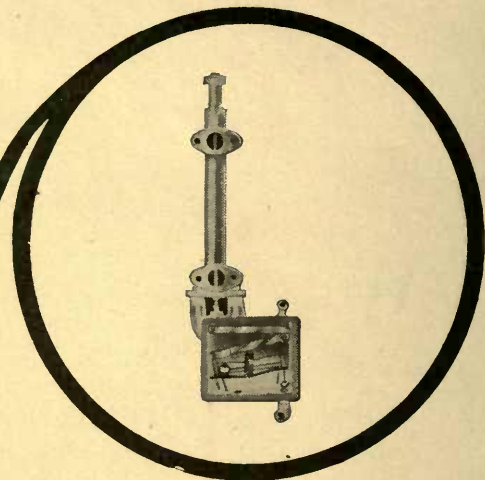
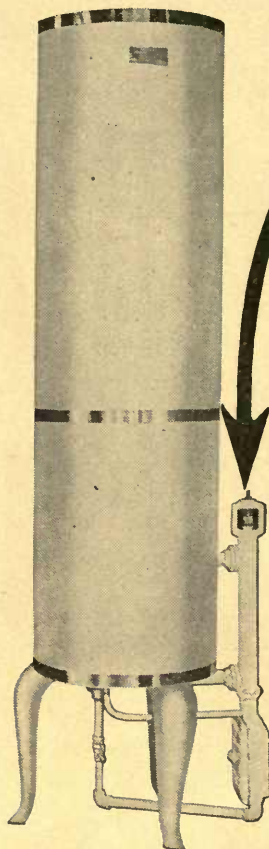
Realizing that too few of us have met up with the many problems and details involved in this most important venture, the publisher of this little volume has presented herein such suggestions and hints as will be found helpful and practicable in establishing and maintaining a Happy Home.

Through the co-operation and courtesy of the merchants and business firms herein represented, therefore, this little book is presented to you, with the hope that it will find a friendly and permanent place in your Home.

That your married career may be long and Happy, and that God's choicest blessings may come to you and your Home, is the earnest hope of

THE PUBLISHER.

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Dear Mr. and Mrs. Newly-Wed :

This book is presented to you through the courtesy and co-operation of the merchants and business firms herein represented. I sincerely hope that it will find a permanent and welcome place in your Home and that it will be a source of helpful information to you.

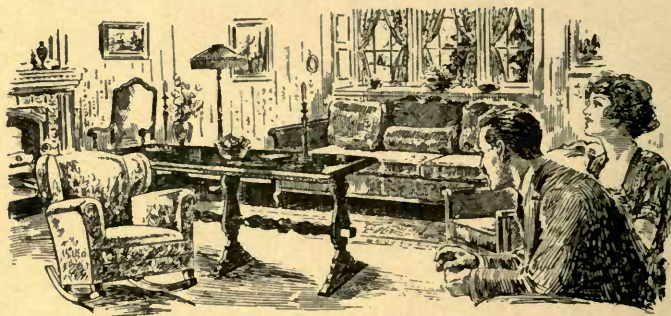
If the book pleases you, I shall be gratified indeed. Your acknowledgment of its receipt will be appreciated.

When patronizing the advertisers in this book please mention "THE HOME MAKER." It will benefit both yourself and The Publisher.

Very truly yours,
W. A. BUHLINGER,
The Publisher.
522 American Bank Bldg.,
Los Angeles.

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Furnishing the New Home

is one of the chief attendant joys of "getting married." The important thing is to start right, with a definite plan based on good counsel. Then choose Furniture and Furnishings, from the widest possible range of selection, to make the plan a reality.

Barker Bros. Store, called "a Great Home Furnishing University" because of its forty years' in the making of better homes, can help solve every one of the many problems facing the new home-maker. First, through the good counsel that makes easier the planning of the new home's furnishing; and second, through its tremendous displays and resources of every kind of home furnishing goods, all under one roof, making it possible to carry any idea through to successful completion, with the least effort and greatest satisfaction.

Thirty-five floors in five connecting buildings comprise the Home Furnishing displays of Barker Bros.—one of the largest of its kind in the world, offering assortments of choice unsurpassed in any store in the West.

Not alone can the things sought be found here—they can be bought on Convenient Terms of Payment. And, if the question of a house or apartment vexes, Barker Bros.' Free Rental Information Bureau will help you in your search.

Barker Bros
ESTABLISHED - 1880

Broadway between Seventh and Eighth

COMPLETE FURNISHERS OF SUCCESSFUL HOMES

Your Own Home

In the days of our grandfathers, the first thought of a newly wedded couple was a home of their own and its early attainment was a goal to strive for. Not infrequently, too, weddings were postponed until the home had been built or purchased by the prospective bridegroom and was ready for immediate occupancy by the bridal couple.

The tremendous growth of our cities has done much in later years to neutralize this desire, but now the pendulum is swinging back with ever increasing certainty and once more there is being reasserted the inherent desire implanted in every human heart to have a home—not a mansion, or a castle, just a HOME.

The terrific rate in the prices charged for flats and apartments during the past two or three years would appear at first thought to be solely to the benefit of the landlords, but, improbable as it may seem, it has been of much benefit to the forthcoming generation of bridal couples by awakening them to the desirability and advantages derived in owning their place of residence. And it is this splendid awakening that is adding materially to the morale of the young home-makers of the present day. The spirit of thrift is encouraged in this manner more than any other way possible. There is no reason why any wage-earner or salaried man should pay into the pocket of any landlord twenty, forty or sixty dollars a month for permission to live in a two-by-four apartment with nothing to show but a collection of rent receipts at the end of the year for the money paid out, when, on the other hand, the same amount applied on a home contract would give the tenant the privacy, privileges and independence of a home of his own with something of real and substantial value to show after a few years for the money he had expended.

It is interesting indeed to note the comparison between a family who has paid rent for a home for say ten years, and the one who started out by purchasing a lot and building their home. The first family, for example, we will say, paid on the average of \$61.50 per month rent for a flat or apartment. At the end of the ten-year period they will have paid out a total of \$7,380, and have nothing except a collection of

rent receipts and will have possibly experienced a great many inconveniences due to a troublesome landlord, lack of privacy or independence. At the same time, according to statistics recently compiled, the second family at the same monthly payment will have fully paid for a \$5,000 home and have enjoyed greater privacy, privileges, and have no rent to pay for the rest of their lives. It is true there will be insurance, taxes and depreciation on the home they have acquired, but this is quite often offset by the cost of moving, wear and tear on furniture and other inconveniences experienced in rented living quarters. Nowadays nearly all homeowners build on money borrowed either from the bank or from a building and loan company, and consequently more or less time must elapse before they can hold a clear title; still, during that time they have had the use and convenience of their property, their payments may have been but little greater than they would have paid if renting, their own improvements and the growth of the surrounding community steadily increases the value of their property, and they have established themselves in the eyes of their friends and of the world as being dependable and respectable American citizens.

ATTENTION NEWLY-WEDS!!! You will want a piano or a grafonola for your new home so come to Bartlett's, 607 West 7th Street.

The Home Budget

No other question is so important to the happiness of the home as the mutual understanding of finances by all members of the family. The first dismay of a young husband when he learns that his wife lacks training or system in the care of money and is ignorant of the arts which make home comfortable is indeed depressing. The first distress of a young wife who sees criticism in the eyes of her husband and realizes that she has lost a place in his trust and may have difficulty in regaining is exceedingly unpleasant. This may be easily averted by having a definite, well-thought-out plan of spending money. Nothing draws a husband and wife closer together than a frank, business-like co-operation about their finances, to have a mutual aim to buy a piece of property, pay for a house, etc.

The whole standard of living depends on the apportionment of the family finances. Two homes may, as often happens, be maintained on identical incomes, yet one family manages to own their own home, while the other will be always on the brink of debt and unable to afford the simple pleasures and luxuries of life. To save, to diminish the expenditures, is just the same as having an increase in income. The health of the family, pleasures, or savings, are determined not by the amount of the income, but by the distribution of that income. Many people who today complain of their low incomes are suffering frequently not from a low income but from mis-spending that income.

The home budget, a method of planning what will be spent, or apportioning in advance how much can be spent for food, clothing and all other needs throughout the entire year, has been the means of solving many a financial problem in American homes of today. Although the needs and wants of any two homes may differ widely, it has been found that the following general divisions prevail:

1. Shelter—Rent or its equivalent in investment in property, etc.
2. Food.
3. Clothing.
4. Operating—Light, heat, ice, phone, laundry, etc.
5. Savings, investments, life insurance, etc.
6. Luxuries and advancement—Education, entertainment, music, books, magazines, club dues, cigars, vacation, etc.

A home without music—How Dreary!! Happy Thought!! Go to Bartlett's they can take care of your music wants.



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From several home budgets prepared and studied by experts, a number of helpful points have been found, as for instance, the amount spent for shelter, or rent, should never exceed more than one-fourth of the monthly income. In the item of Food, the percentage necessary to keep the average family in good health under average conditions has been approximately figured at thirty per cent. The skill and training of the home-maker in nutritive values and cooking will bear greatly on this point, however. Under operating expense, the percentage will depend largely on the size of the home and living standards in general, as much labor-saving equipment should be bought and counted here as possible, such as electric washing machines, fireless cookers, etc. Experience has shown that these valuable aids to successful home-maintaining have not only eliminated an endless amount of labor on the part of the housewife, but actually lessened the amount spent for help, fuel, etc.

A budget for the average family with an income of \$150 per month, under present conditions, and with no special aim or extra burden, and which will not interfere with the foregoing classification, may be summed up as follows:

	Percentage	Monthly	Weekly
Shelter	25%	\$ 37.50	\$ 9.38
Food	30	45.00	11.25
Clothing	15	22.50	5.62
Operating	10	15.00	3.75
Savings	10	15.00	3.75
Luxuries and advance- ment	10	15.00	3.75
Total	100%	\$150.00	\$37.50

It may be that the income is irregular, and varies in amounts from one month to another. A good plan for such homes is to establish a special savings account, or "sinking fund," in the bank which will carry them and which may be drawn on when the income does not reach the amount called for in the budget decided upon. For instance, an income may be \$120 one month and \$170 the next. A budget in such a case could be made up on a monthly average for the year, and by the special bank deposits when the income exceeds the average, there should be no serious difficulty in following the budget plan.

After launching on your matrimonial career come to Bartlett's and get a piano for your home. 607 West Seventh Street.

USEFUL HOME HELPS

House Cleaning.—Brooms will last much longer if treated in the following manner. Put the broom in a pail, pour boiling water on it until the pail is full, and let it remain until the water is cold. Then hang it up by the handle to dry. Sew a piece of muslin securely around it six inches from the bottom.

To Renovate Dark Furniture.—Cleanse it with turpentine and wipe with an oiled cloth. Lemon oil is excellent for this purpose, as it is not greasy and can be used on the finest mahogany pieces as well as on floors or woodwork. Apply in small quantities and rub in well. Never use water on hardwood floors, it not only leaves white spots, but it soaks in between the boards and causes them to warp.

Renovating Varnished Furniture.—An excellent way to clean varnished furniture (when there are no scratches deeper than the varnish on it) is wash it with warm suds, or clean with gasoline or turpentine. Polish with equal parts of turpentine and crude oil, or equal parts of alcohol, olive oil and vinegar.

White Stains on Wood, caused by water or any hot object set upon it, can be removed by rubbing them with equal parts of turpentine, and linseed oil.

Ink Stains on hardwood floor can be taken off by taking a piece of rather fine sandpaper and going over the ink stain until the floor varnish about it has been removed. Now pour on ammonia ninety-five per cent strong. After soaking the spot in the strong ammonia wash it with a potash solution and the stain will disappear. A little varnish over the sandpapered spot is the finishing touch.

Ink Stains on Mahogany furniture may be removed by putting a few drops of spirits of nitre into a teaspoonful of water. Touch the spot with a feather dipped in the fluid and the ink will disappear.

A Dent in a piece of furniture, unless extremely deep, may be removed by using a medicine dropper. Fill this with hot water and carefully put a couple of drops in the dent. Let this dry, then put in a few more drops. Keep this up a dozen times during the day. In a few hours the dent will disappear, because the constant application of water causes the wood to swell in the dented spot and fill it up. A little furniture polish rubbed gently over the place will remove the scar.

Memoranda of Marriage

This Certifies, That _____
of _____ in the State
of _____ and _____
of _____ in the State of _____
were, at _____ o'clock on _____ day, the _____ of
_____ 19____, in said State, joined together in

Holy Matrimony

according to the Laws of the State of California, and
under authority of a License issued _____ 19____
by the Los Angeles County Clerk in the City of Los
Angeles, Cal., on the _____ day of
_____ in the year nineteen hundred
and _____
by _____

Witnesses { _____

Remarks : _____

To Clean a Painted Wall.—Dip a woolen cloth in kerosene oil and rub the surface of the wall with it, changing the cloth for a clean one as often as it becomes soiled.

To Whiten Woodwork and Furniture.—The secret of the successful enameling of furniture and woodwork is the smoothness with which the paint is put on. Each coat should be allowed to become hard and dry before the next coat is applied. Ordinary house paint is used for all the coats but the last one, and that should be of good enamel. The number of coats depends upon the condition of the woodwork. If it is already white one or two coats will be sufficient, but if you paint dark woodwork white it will require three or four coats before the enamel is put on. It will then last for years, looking as good as new. Treat the tables, chairs and beds in the same manner. Before painting the white bedsteads, wash them in soap and water and then give them a new coat of enamel. White paint that is in good condition and not very much soiled can be cleaned by rubbing it with a damp flannel cloth and a little whiting. Remember the bright sunlight in a room with white furniture and white woodwork will keep them white.

Yellow Pine Woodwork and Furniture can be cleaned by applying to it a flannel cloth dipped in vinegar. Washing it out in clear water as soon as it becomes soiled and before being dipped in the vinegar again.

Maple Floors and Furniture.—When oiling these, heat linseed oil lukewarm, remove from fire, and add half as much turpentine as linseed oil. The turpentine keeps the floor from turning dark, and if handled this way maple woodwork will remain white for years.

To Give Willow Furniture a Dull Finish.—First apply a flat finish oil stain. Put it on evenly and let first coat dry before putting on the second. If the stain is not dark enough when it has dried a second coat can then be put on without danger of cloudiness; stickiness or thickness. Another way to get a dull finish is to put on a varnish stain and rub it in as you put it on with a cotton cloth. This method makes the stain dry dull.

Shining Finish.—If a shiny finish is desired apply an enamel paint. Care should be taken to make the brush marks even and to apply the enamel thinly and evenly. Like stain the first coat should be allowed to dry thoroughly before the second is applied.

*You all know what the Kohler & Campbell Piano is so come to Bartlett Music Co.,
607 West 7th Street for it.*

Rattan Chairs.—When chair bottoms of rattan become loose and “baggy” stand them in a tub or bathtub and pour two or three kettlefuls of absolutely boiling hot water through the woven rattan. Do this on a bright warm day, and set the chairs out in the sun. Within a few hours the bottoms will be as taut and even as when they were new.

Shabby Leather Chairs.—To improve them, take 1 pint of linseed oil, boil it, and let it stand till nearly cold. Then stir into it half a pint of vinegar. When the two are perfectly amalgamated bottle and it is ready for use. Shake the bottle well before using the mixture. Pour a little on a soft cloth, rub it well into the leather, turning the flannel as it gets dirty, then rub with a soft duster till the polish is restored. This polish softens the leather and prevents it from cracking.

Window and Mirror Cleaning.—1. Use no soap on window glass. A cotton cloth dipped in a little alcohol will add brilliancy to the final rub.

2. Windows and mirrors can be more easily cleaned if a goodly amount of kerosene is put in the water with which they are washed. It cuts all grime and grease, does away with fly specks and leaves the glass with a wonderful gloss and without a flaw.

3. A little camphor on the cloth with which you rub a window or mirror, after the dust has been removed, will brighten it.

4. Place a week's tea leaves in a pail and pour over them a quart of boiling water. Leave for one hour, then strain and bottle. The liquor is excellent for cleaning windows and mirrors; will make them shine like crystal.

Paint Marks on Glass may be removed by rubbing with a paste of whitening and ammonia, thinned with water to the consistency of cream. Leave the paste on the glass dry and then wash off with soap and warm water. Vinegar is also useful in removing paint from glass.

Cleaning Oil Paintings.—Peel a potato and halve it. Rub carefully over the painting with the flat side. Cut a new surface each time the moisture is exhausted. Sponge afterwards with clean tepid water.

Cleaning Gilt Frames.—Apply white of egg with a small camelhair paint brush to fly-specks on gilt frames, then rub gently with a soft cloth and the specks will disappear. Vinegar will also remove fly-specks from almost anything, —windows, picture frames, woodwork, etc.

Cleaning and Renovating Carpets.—1. Three small bars of good white soap, three gallons of water, one 10-cent bottle of household ammonia, one-half box of borax and 10 cents worth of tartar. Melt soap in water on top of stove, then add other ingredients. Let boil ten minutes, then take off stove. Splendid for renewing colors in carpets and cleans them fine. Will help indefinitely.

2. Another Stain Remover.—Six quarts of rainwater, one cake of white soap, two ounces of borax, two ounces of sal soda, and one handful of salt will be needed to make a soap which will clean dingy-looking carpet. Allow this to come to the boiling point and add one ounce of glycerine. Remove from the fire, let cool and add two ounces of aqua ammonia. Dissolve one cup of soap in one quart of boiling water. Apply to carpet with a scrub brush, sponge off with sponge or cloth wrung from clean warm water.

3. Cut up a piece of yellow soap the size of a walnut and dissolve it in a pint of boiling water. Beat to a lather. Add a quart of water and an ounce of borax, and bring to a boil. When cold pour into a large bottle, add an ounce of ammonia and an equal quantity of spirits of wine, and shake thoroughly. Moisten a flannel with the reviver and rub the carpet briskly, turning the flannel as it absorbs the dirt. Rub dry with clean cloths.

4. A weak solution of alum will revive the colors of faded carpet after a thorough sweeping.

5. To clean carpets grate a raw potato and rub over the surface of the carpet and finish off with a clean cloth wrung out in warm water.

6. Soot may easily be swept from carpets by sprinkling lavishly with salt before sweeping.

7. Ink marks that have not dried on a carpet, may be removed by using turpentine and white soap.

8. Moth-germs in rugs or similar articles may be got rid of by wringing a thin rag out of water and spreading it over the rug (preferably on the wrong side) and passing over it lightly with a hot iron, not touching the material but only causing the water to evaporate. The hot vapor kills the germs.

When Laying Linoleum, if you would have it smooth, let it lie in place and be walked over for a few days before tacking down.

H. W. BROUGHTON, *Pres.*

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Castors on large and heavy pieces of furniture should have a drop or two of oil applied to them once or twice a year to keep them running smoothly.

If a Crack Appears in the Wall mix plaster of paris with vinegar and fill the space.

To Rid the House of Ants.—A piece of gum camphor or sprigs of parsley placed where the ants come in, will soon drive them away. A small quantity of green sage placed in the pantry will keep out red ants.

Roaches and Waterbugs.—1. Wash the kitchen floor, surbase, and the framèwork about the sink, with lye at the first appearance of these pests. Apply the lye with a brush and do not let it touch the hands.

2. Sprinkle powdered borax over the infested places and roaches will disappear.

3. Cucumber peelings will expel roaches if strewn around in their haunts.

4. Roaches will not go where parsley is put. It should be renewed twice a week.

Moths.—Apartments and closets that are frequently aired and swept are not apt to be seriously affected. In fact, airing and sunlight are probably the best as well as the oldest remedies.

Clothes Moths.—The various substances used to keep away moths, such as tobacco, camphor, naphthalene cones or balls, tarred paper and cedar chips have no effect if the moth eggs are already present in the clothes. It is therefore recommended before they are laid away, that they should be thoroughly beaten, shook and brushed. If the articles are quite free from moth-eggs when laid away the odor from the various repellents or from cedar chests and wardrobes will serve to keep the moths away. The odor, however, lessens with age, so that the protection afforded is greatly decreased in time. For this reason when furs and other valuable garments are wrapped in tarred paper or other protectors, the containers should be renewed every year or two.

For valuable articles the safest plan is to place them in cold storage. Recent experiments have shown that the larvæ of the clothes moth will resist for a long time low temperatures if these are uniform.

It is said whole cloves sprinkled among furs and woollens will keep out moths, proving as effective as the ill-smelling moth preparations.

*You will want an A. B. Chase Piano for your new home—Get it at Bartlett's—
607 West 7th Street.*



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Rattan Shops

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LOS ANGELES

LAUNDRY HELPS

Clothespins.—New clothespins should be scrubbed in clean soapsuds, then boiled for five minutes and let dry on a board. They will last much longer.

Irons that have become rusty if first heated and rubbed with beeswax tied in a rag, and then rubbed over a piece of paper that has salt sprinkled on it will be fit for use.

Removing Starch from Irons.—Should starch cling to your iron while using it, sprinkle salt on a piece of brown paper and run the iron on it.

To Whiten Clothes add a few drops of turpentine to the water in which they are boiled.

Washing Colored Frocks.—Generally speaking, delicate shades may be kept from fading by using plenty of pulverized pure borax in the water in which they are washed and rinsed. A handful of salt in rinsing water nearly always acts as a preventive for any shade.

To Prevent the Color Running add to the rinsing water a little vinegar for mauve, heliotrope, red or pink. For mauve you may also use a large lump of ammonia, which should be dissolved first; oxgall for brown; two or three lumps of alum will revive green or blue; salt may be used for blue; methylated spirits for all shades of lemon or yellow.

To Take All the Color Out of a faded cotton garment, boil it in cream of tartar water, and it will be white.

When Rinsing Clothes in hard water add half a cup of sweet milk. The bluing will not spot.

....**Rinsing Mixture.**—One ounce of Epsom salts added to a gallon of water makes an excellent rinsing mixture for colored blouses and washing dresses.

Gloss on Linen Clothes.—Adding a tablespoonful of sugar while the starch is still hot, will give linen clothes a good gloss when they are ironed.

Chamois Leathers should be washed in tepid water and dried with the soap in them ;they will then be nice and soft.

Stretching Curtains Without Curtain Stretchers.—After lace curtains are washed, select a clean sunny place on the outside of your house. Wash off carefully. Have a box of small tinned tacks (as they will not rust) and a clean hammer. Let the edge of the clapboard be your guide. Take each scallop and stretch well. Put up early in morning and take down before sundown. No ironing is necessary and they look like new.

To Mend a Lace Curtain.—A piece of lace or net starched and put under a hole in a lace curtain, then pressed smooth with a warm iron, will scarcely be visible.

Washing Blankets.—To wash blankets choose a warm sunny day with a gentle breeze. March is considered the best month to wash blankets. Prepare suds by dissolving half a bar of good white hard soap, one tablespoonful of borax and one tablespoonful of aqua ammonia for each pair of blankets. Let the suds become cool enough that the hands may be borne in them easily. Shake the blankets well before putting in the water, to free them as much as possible from dust. If soiled new blankets are to be washed they will require more soap than old ones; the grease in the blankets hardens the water; then is the time they shrink. When all is ready put the blankets in the warm suds and let them stand for one hour, keeping the temperature about as hot as the hands will bear by frequently adding hot water. Do not put soap on the blankets nor rub them.

After they have soaked for an hour, lay the washboard flat across the tub, put in one blanket at a time, raise the blanket on to the washboard and go around the edge, applying the suds with a scrubbing brush, and rubbing vigorously. Meantime heat sufficient water for two more lathers. Remove from first to a second suds prepared in the same manner, seize the blanket by the middle and souse it up and down. Squeeze and press it between the hands until clean. Rinse in three clear waters, keeping them at the same temperature as the suds, namely, as hot as the hands will bear, and run through the wringer or squeeze the water out of them rather than wring them in the usual way. Fasten by the edges to the line and frequently shake and stretch them to their proper size while drying. To have the best success in washing blankets two points must be observed, namely, to keep the water at a uniform temperature, neither boiling hot nor cold enough to chill, but as hot as the hands will bear, and not to wring or rub the blankets in such a way that the fibers will become interlaced and cause shrinking. When thoroughly dry beat the blankets while on the line with a carpet beater. This will cause the wool to become fluffy like a new blanket.

Stains on Blankets and other woolen goods can be removed by using a mixture of equal parts of glycerine and yolk of an egg. Spread it on the stain, leave it for half an hour, and then wash.

Cleaning White Clothes of any kind, especially white wool, use the common black magnesia. Lay garment on table and rub magnesia into it thoroughly. Roll up and lay away for a few days. Then shake out and brush with clean brush. It will look like new and save many a dry cleaner's bill.

Washing Needlework.—Soap should not be rubbed directly on dainty needlework, especially that embroidered in colors. Make a tepid suds of white soap and soft water. Let the articles stand in this a few minutes to loosen the dirt, and then put them into a similar clean suds. A gentle patting and rubbing with the hands will finish the cleansing. Rinse in fresh water which has a little bluing in it. Test this water, not to get it too blue.

Fine linens and pieces of lingeries will last much longer if they are wrung out by hand and not put through the wringer.

Dainty Laces.—If you would keep your laces looking fresh and new, wash in the following manner. Purchase 4 cents' worth of benzoline. This spirit is highly inflammable, so should be kept away from artificial light or fire. Take two basins and into each put a little of the benzoline. Dip the lace into one, douse it up and down, then squeeze gently and dip in the second lot of benzoline; by then all the dirt will have dropped out. Shake the lace; it will dry in a few minutes and look like new.

Cleansing Problems.—**Removing Fruit Stains** from cotton and linen. Nearly all fruit and berry stains can be removed from cotton and linen by pouring boiling water on the spot, the fabric being stretched over a basin. Small doilies may be swished about in the boiling water until the stains disappear.

Peach Stains, Mildew and iron rust are obstinate. Cover spots with salt and squeeze lemon juice on them until the salt is saturated; then lay the pieces in the sun. The stains will gradually fade out; but it may be necessary to put lemon and salt on the worst places several times, drying them each time in the sun.

Blueberry Stains will disappear if ammonia is put on them.

Fruit Stains.—To remove them from white material, boil milk and hold the stained part in it for a minute. If the stains are on linen apply powdered starch at once, and leave for a few hours.

Removing Stains From Fabrics.—Very large, deep stains and those which have become set may be removed by dipping the spot in a solution of one level teaspoonful of oxalic acid to a pint of hot water. This acid is a strong bleach and must not be allowed to remain in the fabrics as it will injure it. Dip the stained part in the solution letting it remain about two minutes. Dip the goods again if the stain is not entirely gone. As soon as the stain disappears rinse the piece to remove the acid, and drop it into warm suds.

Blood Stains on wash material can be removed by saturating the stained portion with kerosene and then dipping in boiling water.

Fly Paper.—Any article which has come in contact with fly paper can be cleansed by soaking the spot in castor oil, and then wash in the ordinary way.

Grass Stains.—Any linen article that has become grass stained should be saturated with kerosene and then washed in very hot water, with plenty of soap. Cream of tartar will also remove grass stains.

Grass Stains on any material can be removed if moistened with a solution of chlorate of tin, and then washed immediately in plenty of cold water. It is wise to always have this solution on hand. If the stained article cannot be washed then alcohol must be used.

Ink Stains.—There are various ways of removing ink stains; some of them are as follows:

1. Use a teaspoonful of salt to nearly a half glass of milk. Soak the stained part in this solution. Either white or colored fabrics can be cleaned by this method, but if the ink has been allowed to dry it will be necessary to soak the stained part in the milk for an hour or two.

2. **Ink stains.**—Place the stained garment over a saucer and cover the stain with borax. Then pour peroxide over the borax. Do not pour water over the stain, as this receipt will not prove so effective. The borax and peroxide will take effect almost immediately.

3. **Ink stains.**—To remove ink stains from wash material, pour a tablespoonful of kerosene on the spots and rub well. Rinse in kerosene and the spots will disappear as if by magic. This should be done before the regulation washing.

4. **Ink Stains.**—Soaked in sour milk they usually disappear, but if not, rinse in a weak solution of chloride of lime.

Iodine Stains may be removed by washing with ammonia water.

Iron Rust.—A quick and easy way to remove iron rust from clothes is to put a teaspoon of cream of tartar on the spot, tie up the cloth around it into a little bag and boil the garment.

Mud Spots on silk. After washing thoroughly, rub soiled places with a raw potato.

Paint on Silk.—Rub paint spots on silk with turpentine and they will disappear.

Pitch Grease and Tar Stains.—Soak in turpentine. Scrape off carefully with a knife all the loose surface dirt; sponge clean with turpentine.

Scorch Stains.—Wet the scorched place, rub with soap and bleach in the sun.

Scorched Linen.—Extract the juice from four peeled onions, mix this with four ounces of fuller's earth, one ounce of soap, and a pint of vinegar. Boil well together. When nearly cold, put on the scorched places and let dry in the air. Wash in cold water.

Scorch Marks.—Cut an onion in two, rub the scorched part with it, then soak in cold water. The marks will disappear in a few minutes.

Scorched Clothes.—Wet the scorched place thoroughly with water, then apply to it a thick paste made of ordinary lump-starch mixed with just enough water to make it stick well. Use plenty of paste, and let it dry on the scorched material. Then, when dry, be sure to rinse all the starch out with water, for if you fail to do this the iron may scorch the material again in the same place. If one application does not remove all the scorch, repeat the operation.

Sewing Machine Oil Marks.—Rub with lard and let stand for several hours, then wash with soap and water.

Shoe Blacking.—Vinegar will remove it from the clothing.

KITCHEN UTENSILS

The washing of pans and kettles will not involve half the labor if done immediately after using.

New Sauce Pans.—Before being used should be filled with water; add a lump of soda and some potato peelings, and let boil for some hours. Then wash out thoroughly, and all danger from poisoning from the tinned lining will be gone.

Iron Kettles when new, need care to prevent them from rusting. Fill pretty full with potato parings, add water to all but cover, and boil for an hour. Empty the kettle, wash in very hot water, dry it, and rub well with lard. Repeat the operation two or three times and you will have a kettle that should last a long time without rusting.

Nickel cooking utensils are delightful to use in the kitchen, for they are easy to keep clean, and when properly kept their appearance does credit to the cleaner; so, too, do copper and aluminum, but equally they show signs of neglect at once if not kept in good condition.

Aluminum.—To clean, never use soda as it blackens the aluminum, and no effort will bring back its white appearance again. Use a wooden clothespin to scrape the bottom of your aluminum saucepan, if you would prevent scratches.

Cleaning Aluminum.—If you want to polish your old, discolored aluminum ware, so it will look like new, use O or OO wool steel and a pure white soap. Aluminum is discolored by alkalies and not by acids. Do not use strong soap or scouring-powder on it.

Earthenware Casseroles are of all things the easiest to clean. The inside of them is so well glazed that it does not chip nor crack, and consequently only requires to be washed out and well rinsed and dried, and they are ready for use again.

Enamel Pans are very nice, but great care must be taken when using them, for they stain easily, and the surface soon becomes covered with tiny cracks and scorch marks. When this stage has been reached, they are not very satisfactory to cook with, as they are difficult to keep clean. No soda should be used in the water in which these pans are washed.

A Mincer.—To clean after using, grind stale crusts of bread through it. The bread collects all the fat, grease and skin from the small teeth.

Vinegar Cruet can be cleaned by filling it with finely chopped potato skins, cork tightly and let it stand in a warm place three days; then turn the skins out and rinse the cruet with warm water and borax.

Rusty Knives can be cleaned by using a raw potato dipped in brick dust.

Stove Polish.—Turpentine mixed with stove polish prevents rust, and hardening, and gives a brighter gloss than the use of water.

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To Clarify Drippings, slice a raw potato into the fat while rendering. It will absorb all impurities. Suet and lard are best kept in tin vessels. Salt pork, however, should be kept in glazed earthenware.

Tough Meat will be made tender if placed in vinegar water for a few minutes.

A teaspoon of vinegar added to boiled meat, while cooking, makes the meat tender.

When Frying Meat or Fish sprinkle a little salt over the bottom of the pan before putting in the fat. This prevents any spattering on the wall or rust on the stove.

When Boiling Ham leave it in the water in which it has been boiled until it is quite cold. This will make it juicy and tender.

To Preserve Meat in hot weather wash over with very weak vinegar and water, and then cover with slivers of raw onion. Before cooking remove onion and rinse meat in clear cold water.

Cold Storage Meat and poultry should never be allowed to remain in a warm room before cooking. All cold storage foods spoil quickly if left in warm temperature.

With Salt-Boiled Codfish, serve parsnips; with **Boiled Salt Mackerel**, corn bread or fried cornmeal mush.

To Keep Lemons, put them in water; change once a week and they will keep a long time.

When using cold lemons place them in a heated oven until warmed through, and they will yield more juice than cold ones.

When lemons are hard cover them with boiling water and stand them aside to cool. They will then appear fresh and full of juice. Neither will the juice seem in the least diluted by the water.

To Prevent Cake From Burning when using new tins, butter the new tins well and place them in a moderate oven for fifteen minutes. After this the cake may be cooked in them without danger of burning.

A teaspoonful of glycerine makes a cake very light. Butter your cake tin well, and line with proper paper, buttered.

Sweet milk will make a cake rich and close; water in the same cake will make it light and delicate.

Two lumps of sugar in your oven will brown a cake without burning. A basin of cold water will cool a hot oven. Place in lower part of oven.

A Burnt Cake that is not done should have burnt part removed and place covered with beaten egg and brown sugar. Stand cake on sieve when cooked.

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Suggestions for Laying Table

If possible, have the table in the middle of the dining room, the center of the table directly under the central point of the chandelier.

After laying the silence cloth, which may be of felt or heavy canton flannel, place the tablecloth so that the center of the cloth comes directly over the center of the table. The middle lengthwise crease should indicate the immaculate freshness of the cloth. If the cloth has been folded the next crease should be at right angles to the first at the center of the cloth. Many prefer rolling the cloth, and so avoiding all but the middle lengthwise crease.

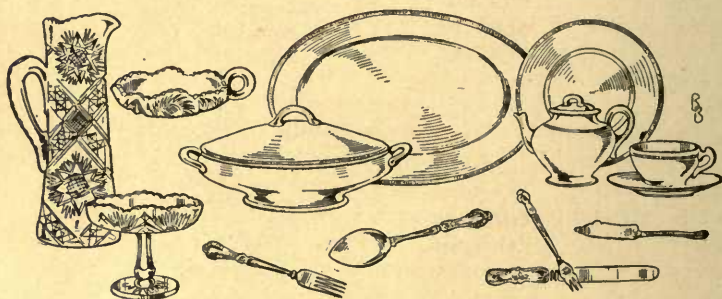
After laying the cloth the centerpiece should be placed as its name indicates. There should always be some decoration for the center of the table—a vase of cut flowers, a growing plant, or a bowl of fruit is always available, and adds greatly to the attractiveness of the table.

If the table is round place the covers equidistant from each other; if rectangular, or oval, as nearly opposite each other as possible. Always allow ample space between the covers. A table should never look “crowded” because of too many covers, or too much food served on it, or any unnecessary china, silver or cutglass, however beautiful it may be. Every article placed on the table should be designed for service, and should be so placed that it may most conveniently render its best service.

For each cover place a plate, right side up, and all the silver that will be needed for serving the meal, unless there are so many courses as to demand more silver than space permits, in which event reserve the silver for the later courses and place when needed. The very small spoon for the after-dinner coffee may always be reserved till the coffee is served. Place the silver for the different courses in order so that it shall be used “from the outside toward the plate.” Remembering that this is the rule for the correct laying of the table, the uninitiated need have no fear as to which piece of silver to use for a particular course. Also it should be remembered that it is proper to follow the lead of the hostess. The knives and spoons should be placed on the right of the plate, the knives with the cutting edge toward the plate and the spoons with the bowls up. The forks should be placed, with the tines up, on the left of the plate.

The glass for water should always be placed about half an inch from the tip of the knife. Individual butter plates, or, better, bread and butter plates, may be placed in front of the plate, to the left of the glass. The napkin may be placed in the service plate, or to the left of the forks, with the open edge toward the plate.

Small special dishes for "hors d'oeuvres," bonbons, and the like, may be appropriately placed when laying the table. The silver to be used for dishes of food served from the table should be placed convenient for this purpose. If the hostess is to serve tea or coffee, the tea service should be arranged at her plate. If the hostess is to do the carving, the carving set with a spoon to aid in serving should be placed to the right of the silver for this cover.



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SANDWICHES FOR EXCURSIONS, PICNICS AND LUNCHEONS

Brown and White Sandwiches

Slice brown and white bread about one-quarter inch thick, butter and place alternately on top of each other, about five layers. Then slice through, making attractive layer sandwiches.

Favorite Sandwiches

One Neufchatel cheese, one-half cup finely chopped nuts, about seven or eight large olives, chopped fine, salt, pepper, paprika to taste. Cream to moisten sufficiently to spread.

Fruit Spread

Two pounds evaporated apples, one pound prunes and one pound evaporated peaches. Soak in cold water over night. In the morning boil gently in fresh water until very soft; then strain through a coarse colander. To the strained quantity add two pounds of sugar, or one pound sugar and one pound molasses. If desired, flavor with cinnamon or lemon peel. Empty into a fireproof earthenware dish and bake in the oven one hour, stirring occasionally.

Sardine Butter (for Canape or Sandwiches)

(a) Three large sardines, skin and rub smooth, one tablespoon lemon juice, one teaspoon parsley (chopped), dash cayenne. (b) Two tablespoons fresh butter. Cream (a), add (b). Mix thoroughly.

Parisian Sandwiches

To one cup of cold meat or poultry, add two hard-boiled eggs. Mince fine with capers and water-cress, and add enough mayonnaise dressing to spread easily.

Cream and Jam Sandwiches

Mix any kind of jam with an almost equal amount of thick cream. Spread thin slices of buttered bread with the mixture, and make into sandwiches.

Date Sandwiches

To any quantity of chopped dates, add the same amount of chopped English walnuts. Mix with enough mayonnaise dressing to spread easily on buttered slices of brown bread.

For Sandwich Filling

Chop one-quarter pound figs very fine, add one-quarter cup water and cook to smooth paste. Add one-third cup almonds, chopped fine and pounded to a paste with a little rose water (can be omitted), also juice one-half lemon. When cool spread mixture on lady fingers or bread.

Pimento Sandwich

Chop one pimento and mix with one-half cup mayonnaise dressing. Put on lettuce leaf and place between thin slices of bread.

Home Cooking Recipes

SOUPS

Left-overs of meat, fish, vegetables and cereals can be used advantageously in making soups. The heavy vegetable pulp soups, such as split pea or bean soup, the cream of vegetable soups and the milk chowders are rich in food value. The thin meat stocks are valuable chiefly as appetizers. The plain vegetable soups contain the food value of the vegetables they contain. If cereals are added, it increases the food value.

Meat stock is water in which meat and meat bones have been cooked. When dark meat is used, it is called brown stock; when light meat is used, it is called white stock. Vegetable stock is water in which vegetables have been cooked.

Tomato Soup

1 can tomatoes	1 slice onion
1 pint rice water	1 teaspoon salt
1 tablespoon whole peppers	$\frac{1}{8}$ teaspoon soda
Bit of bay leaf	2 tablespoons flour
$\frac{1}{2}$ teaspoon cloves	2 tablespoons fat
1 tablespoon sugar	$\frac{1}{3}$ cup boiled rice

Cook first seven ingredients 20 minutes. Strain. Add salt and soda. Mix the flour with an equal amount of water until smooth, add more water until thin enough to pour. Stir soup while adding gradually the flour mixture, called thickening; boil 5 minutes. Strain, add boiled rice, fat, and serve.

Rice may be omitted. The flour may be omitted.

Vegetable Soup

$\frac{1}{3}$ cup carrot	$\frac{1}{3}$ cup fat
$\frac{1}{3}$ cup turnip	$\frac{1}{2}$ tablespoon parsley
$\frac{1}{2}$ cup celery	1 teaspoon salt
$1\frac{1}{2}$ cups potato	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ onion	2 quarts water

Cut vegetables into cubes. Cook the vegetables, except the potatoes and parsley, 10 minutes in the suet. Add water and potatoes and cook 1 hour. Add parsley and seasonings. A soup bone may be added. Barley or rice may be cooked with the vegetables and served in the soup. Tomatoes, cabbage, peas, beans, spinach, or any other vegetable, may be added as desired.

Split Pea Soup

1 cup dried split peas	1 ham bone
3 quarts cold water	2 tablespoons flour
$\frac{1}{2}$ onion	$\frac{1}{8}$ teaspoon pepper
4-inch cube salt fat pork	$1\frac{1}{2}$ teaspoons salt

Pick over peas and soak overnight; drain; add cold water, pork, ham bone and onion. Simmer 3 or 4 hours, or until peas are soft. Rub through a sieve. Add the flour mixed with cold water to the soup. Boil 5 minutes, stirring constantly. Add seasonings. Cubed potatoes or boiled parsnips may be added to the soup; tomato juice and green peas may be added to give variety.

Cream Soups

Cream soups are made with thickened milk, combined with meat stock, fish stock or vegetable stock and pulp. They take their name from the kind of stock used, such as cream of chicken, cream of fish or cream of celery, potato, or whatever kind of vegetable or other food is used. With bread and butter, cream soup furnishes a complete meal.

General Directions for Making Cream Soups

3 cups scalded milk	2 cups seasoned stock or vegetable pulp and stock
2 slices onion	Seasonings to taste
$\frac{1}{4}$ cup flour mixed with $\frac{1}{4}$ cup water	

Scald the milk with the onion, remove the onion and thicken the milk by adding the flour and water mixture and cooking it 20 minutes over hot water to prevent burning. Boil 2 cups vegetables, cut in small pieces, in water to cover; force the vegetables when done through a strainer or leave pieces in soup. Add the vegetable pulp and water in which the vegetables have been cooked to the thickened milk. Season and serve.

Cream of Carrot Soup

2 cups finely chopped carrots	1 slice onion
1 quart boiling water	$\frac{1}{4}$ cup flour mixed with $\frac{1}{4}$ cup water
1 teaspoon salt	Salt and pepper
1 teaspoon sugar	
3 cups milk	

Cream of Celery

3 cups celery	$\frac{1}{4}$ cup flour mixed with $\frac{1}{4}$ cup water
1 pint boiling water	Seasonings
1 slice onion	
2 tablespoons rice cooked in 3 cups of milk	

Cream of Tomato

3 cups tomato juice and pulp cooked with $\frac{1}{4}$ teaspoon soda 1 minute	3 tablespoons flour
3 cups milk scalded, with 2 slices onion	3 tablespoons water
	Salt and pepper

Follow directions given above. Potatoes, lima beans, string beans, asparagus, or a combination of vegetables, such as peas, string beans, spinach, onions, etc., may be used. If the vegetables are finely cut, they may be left in the soup.

MEAT

In the average household there is perhaps no other food that calls for more thought in selection and preparation than meat. In no other country has meat been used so generously as in America.

The tough cuts of meats, usually the cheaper cuts, are located where there is motion, such as those obtained from the neck and limbs; while the tender cuts are located where there is little motion, such as those along the backbone. The meat part from all the cuts from the same animal contain the same food value, but there is more waste, such as bone and gristle, to some cuts, and this should be considered in buying.

To reduce the meat bill, make a little meat go a long way by preparing meat combination dishes, such as stews, meat loaves, meat pies, stuffed roasts, beef a la mode, etc. Make good meat gravies. "Spread the meat flavor." Only a little meat is needed to give flavor to a whole dish.

Selection of Meat

Meat should be uniform in color, the flesh firm and elastic to the touch.

The flesh of beef should be of a bright red color and intermingled with fat that is yellowish.

Mutton should be dull red in color, and the fat white.

Lamb and veal should be lighter in color and flesh less firm than beef.

Meat should be removed from the paper as soon as it is received from market and should be kept in a cool place. Always wipe meat with a damp cloth.

Beef ranks first in nutritive value, with mutton a close second.

How to Prepare Meat Stews

Stewing is cooking slowly, a long time, in a small quantity of water. Cut the meat into rather small pieces; divide it into two portions; add one portion to cold water and heat slowly to boiling point. Meanwhile brown the other portion in a little fat in a pan. Then add it to the water and meat. The whole should be cooked slowly for three hours or until the meat is tender. Add vegetables the last hour of cooking.

Beef, mutton, lamb or veal may be used, selecting the tough pieces, such as the neck, shoulder, lower part of round, aitch bone, etc. Pieces of cold cooked meat may be added to the stew.

The pieces of meat are usually dredged with flour before

they are browned. This gives color to the stew, a rich flavor, and thickens the gravy.

Onions, carrots, turnips, parsnips and potatoes are the vegetables commonly used in stews. Tomatoes, string beans and green peas are sometimes used. The vegetables should be cut into $\frac{1}{2}$ -inch cubes, $\frac{1}{4}$ -inch slices or strips, and added the last hour of cooking. The potatoes, however, should be parboiled 5 minutes, then added to the stew, allowing 20 minutes for cooking. The usual seasonings are salt and pepper. Sweet herbs, parsley, a bit of bay leaf, a few cloves, celery salt or catsup may be added for variety.

Dumplings or boiled rice are often served with stew. When cooking dumplings, they should be placed so that they will rest on the meat and vegetables. Meat stew may be served on slices of fried mush.

Meat Pie

Fill baking dish three-quarters full with stew; cover with mashed potato, boiled rice, biscuit dough or cereal mush and bake until nicely browned on top.

New England Boiled Dinner

4 pounds corned beef	2 small French turnips cut in thirds
6 small beets	
1 small cabbage	6 medium sized potatoes
6 small carrots or 3 large ones	6 medium sized onions
	6 small parsnips

Wash the meat quickly in cold water. If it is very salt, soak it about 30 minutes in cold water. Simmer meat in a kettle, containing enough boiling water to cover, from three to five hours, or until the meat is tender. Wash and scrape the vegetables, leave the beets, carrots, turnips and parsnips whole, or quartered if preferred. Cut the cabbage into quarters. When meat is tender, remove from kettle, and, two hours before dinnertime, add the carrots, afterward the turnips and the cabbage. Thirty minutes before dinnertime, add the parsnips and potatoes and onions. The beets should be cooked separately. Reheat the meat with the vegetables. Serve meat and vegetables arranged attractively on a large platter.

HOW TO BROIL MEAT

Broiling is cooking by direct exposure to heat, over hot coals or over a flame (gas flame).

Cooking with little or no fat in a hot frying pan is called "pan-broiling." To make broiled meat juicy, turn often while cooking.

To Broil Steaks or Chops

Wipe meat with a damp cloth and trim off superfluous fat. Rub the wire broiler with a little of the fat, place the meat in broiler and broil over a clear fire, turning every 10 seconds for the first minute. After the first minute, turn occasionally until well cooked on both sides, or cook in a little fat in a frying pan, turning over. Season to taste. Pork chops must be very well done

Pan-Broiled Hamburger Steak

Chop finely one pound lean raw beef; season highly with salt, pepper and a few drops of onion juice. Add $\frac{1}{4}$ cup milk gradually; knead dough until spongy and shape into cakes. Heat a frying pan, rub with the fat of meat and pan-broil the steaks. Turn cakes often during the cooking.

One cup left-over oatmeal mush may be added to the mixture and is very good. Try shaping oatmeal mush into cakes, brush with melted fat; shape Hamburger steak mixture into cakes, place on top of oatmeal cakes. Bake in the oven until cooked and nicely browned.

GENERAL DIRECTIONS FOR BRAISING

The rump, top, round, blade, chuck, ribs, cross ribs, cuts and flank stuffed are all good braised. Beef, mutton or veal.

To braise meat, wipe meat, sprinkle with salt and pepper, dredge with flour, and, if a lean piece of meat is used, lard previous to seasoning. Brown the meat on all sides in a little fat in a Scotch kettle or roasting pan. Then cover bottom of pan with hot water or meat stock. Then cover closely and cook slowly in the oven, on top of the range or in a fireless cooker two hours. Add vegetables, such as onion, carrot, turnips, cut into strips, balls or slices, and continue cooking until meat and vegetables are tender.

Beef a la Mode

Insert 12 large strips of salt pork fat or piece of suet into a 4-pound piece of round beef. Season with salt and pepper, dredge with flour. Put a piece of suet in a hot pan, brown the meat on all sides in this. Put in kettle with vegetables and water, according to recipe for beef stew. Cover closely and cook slowly 4 or 5 hours in oven or top of range.

Pot Roast

When beef is similarly prepared (without the strips of fat and vegetables) and cooked in a smaller amount of water, is called pot-roast.

Two cups brown sugar, 1 cup vinegar and 1 cup soaked prunes added the last $\frac{1}{2}$ hour of cooking provides a nice change

ROASTING

General Directions

Wipe the meat with a damp cloth. Dredge the surface with flour, salt and pepper. Put pieces of fat on the meat and in the pan (melted fat may be used and rubbed over the surface). Place meat on a rack in the pan. Put into a hot oven. The heat of the oven should be intense at first to sear the surface (about 10 minutes), and then the heat should be reduced and water added to cover bottom of pan. The meat should either be covered closely or basted often with equal parts of fat drippings and water. After the last basting, sprinkle with salt and pepper. Place meat on a hot platter and garnish. ff

Gravy

Pour fat from pan; allow 2 tablespoons of fat to 3 tablespoons of flour for each cupful of gravy. Put the fat into the pan, add the flour and stir over a hot fire until well browned. Add the boiling water or stock gradually, boil 3 minutes, season to taste with salt and pepper, and strain.

TIME TABLE FOR ROASTING (Per pound)

Beef, round	10 to 12 min.	Lamb (well done).....	20 min.
Beef ribs (well done)	12 to 15 min.	Veal (well done).....	25 min.
Beef ribs (rare).....	8 to 10 min.	Pork (well done).....	30 min.
Mutton, leg (well done)	15 min.	Chicken	15 min.
Mutton, leg (rare).....	8 min.	Goose.....	18 to 20 min.
Mutton, loin (rare).....	8 min.	Turkey, 8-lb.....	About 2 hrs.
Mutton, shoulder (stuf.)	15 min.		

Meat Loaf

2 cups ground meat	cup milk, or 1½ cups oatmeal
1 teaspoon onion juice	mush
1½ teaspoons salt	1 beaten egg (may be omitted)
Few grains pepper	1 teaspoon finely-chopped
1 cup bread crumbs soaked in ½	parsley

Mix the first 4 ingredients, add the soaked bread crumbs or mush gradually, kneading the mixture until spongy, then add the beaten egg, and more seasonings if needed and the chopped parsley. Shape into a loaf and place on a pan covered with suet. Put suet on top of loaf. Sprinkle with salt and pepper and flour. Bake 40 minutes, basting occasionally with melted suet mixed with boiling water.

Pork Chops With Dressing

6 pork chops	1/6 teaspoon pepper
½ onion, finely chopped	¾ teaspoon salt
1½ cups bread crumbs	¼ cup hot water
2 tablespoons pork fat, chopped	1 beaten egg

Mix bread crumbs, pork fat, seasonings, water and egg. Spread on pork chops. Put chops in a pan close together; add a little water to cover bottom of pan and bake in a moderately hot oven 1 hour, basting occasionally.

POULTRY

Roast Chicken

Select a chicken with firm flesh, yellow skin and legs.

Dress, clean, stuff and tie wings and legs close to body of chicken.

Place on its back on a rack in a dripping pan (or on thin slices of salt pork fat or chicken fat in a pan a trifle larger than the chicken). Rub the entire surface with salt and spread legs and breast with 3 tablespoons melted chicken fat or other fat and 3 tablespoons flour. Place in a hot oven and when flour is well browned, reduce the heat and baste every 10 minutes, if not roasted in a self-basting pan.

For basting, take 4 tablespoons of the fat in the pan and mix with 1 cup boiling water.

A 4-pound chicken requires about 1½ hours.

For the stuffing, use melted chicken fat or other fat.

Stuffing (1)

1 cup-cracker or bread crumbs	Few grains pepper
¼ cup melted fat	1/3 cup milk, scalded
Sage, if liked	1 teaspoon chopped parsley
¼ teaspoon salt	

Stuffing (2)—Chestnut

2 cups French chestnuts	1 teaspoon salt
1/3 cup melted fat	Few grains pepper
1 cup cracker crumbs	¾ cup cream
Blanch and shell chestnuts. Cook in boiling salted water until soft. Drain and mash. Add half the fat, salt, pepper and cream. Melt remaining fat, mix with cracker crumbs, then combine mixtures.	

Stuffing (3)

2 cups freshly-grated bread crumbs	Sage, if liked
1 teaspoon salt	1/3 cup melted fat
¼ teaspoon pepper	1 well-beaten egg
	1/3 cup scalded milk
Combine ingredients in order given.	

To Make Gravy

Skim off fat in roasting pan. To each 2 tablespoons fat, add 3 tablespoons flour. Brown the two and add the drippings and enough hot water and cream (half and half) to make it of the right thickness.

To Roast Turkey

Follow directions for roasting chicken.

Chicken Stew

Dress, clean and cut up a fowl, and put it into a stew pan. Cover with boiling water and cook gently until tender.

After the first hour of cooking, add 2 teaspoons salt, $\frac{1}{8}$ teaspoon pepper, bit of bay leaf, sprig of parsley, and a slice of onion, if liked. Cook until tender. Remove chicken. Thicken stock with $\frac{1}{4}$ cup flour mixed with cold water. Place stewed chicken and thickened stock in serving dish.

Chicken Pie

Put stewed chicken in a baking dish. Cover with short-cake or baking-powder biscuit dough, and bake until done.

Baked Chicken

Dip raw chicken, cut into suitable pieces for serving, into melted fat and then into flour mixed with salt and pepper. Brown the pieces of chicken in a little fat in a pan. Add enough water to cover the bottom of pan. Cover and bake about $1\frac{1}{2}$ hours. Baste occasionally.

Chicken Croquettes

2 cups chopped chicken, cooked	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ teaspoon salt	Few drops onion juice
Few grains cayenne	Yolk 1 egg
1 cup thick sauce	

Mix ingredients in order given. Cool, shape into balls, cylinders or any desired shape. Dip in egg, crumbs and egg again. Fry in deep fat.

Prune and Apple Stuffing

3 cups bread crumbs	Few grains pepper
$\frac{1}{4}$ cup melted fat	$\frac{1}{2}$ cup soaked, stewed and stoned prunes
1 teaspoon salt	
1 cut apples, pared, cut in eighths, and stewed in a little sugar syrup	$\frac{1}{2}$ cup nut meats, broken into pieces, if liked

Mashed Potato Stuffing

2 cups mashed potatoes, highly seasoned with salt and pepper	2 tablespoons melted fat
$\frac{1}{2}$ cup chopped parsley, 2 boiled onions	$\frac{1}{4}$ teaspoon sage
	2 egg yolks

Mix ingredients in order given.

Baked Rabbit

1 rabbit	1 cup milk
Strips of salt pork fat	Salt and pepper
4 tablespoons flour	

Skin rabbit. Remove head and lower part of legs. Remove insides, etc. Wash thoroughly and soak 1 hour in acidulated water. Wipe dry. Lard with salt pork strips, dredge with flour. Sprinkle with salt and pepper. Arrange on strips of salt pork fat and bake in oven about 2 hours, basting generously with milk occasionally. Currant jelly may be added to the gravy.

EXCLUSIVELY STERILIZED *FROZEN STEAM*

Now, there are two kinds of ice: "FROZEN STEAM," made entirely of sterilized steam, and the other, what is known as raw water ice, not made of steam, but of raw water.

Are you aware that we are exclusive manufacturers, under an exceedingly expensive process, of "FROZEN STEAM," an ice made from steam sterilized at the remarkable temperature of **400 DEGREES** above zero? Are you aware that this sterilized steam is then so reduced in temperature, by our process, that it produces an ice for you at **23 degrees BELOW FREEZING?** Are you aware that this low temperature ice means increased cooling power and the maximum economy for you? Are you aware it will furnish you with sterilized water at half the price you pay for it in bottles? Are you aware that we neither make nor sell raw or unsterilized water ice? Are you aware that we will place on each piece of ice delivered to you a **GUARANTEE** that it is sterilized "FROZEN STEAM"? A guarantee made necessary, because some claim our ice is not frozen steam.

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EXCLUSIVELY STERILIZED *FROZEN STEAM*

FROM THE STANDPOINT OF ECONOMY AND SAFETY TO HEALTH the housewife should consider ice one of the greatest necessities.

Now, that ice rates have been reduced to pre-war prices, it is sound judgment to spend the required \$1.50 to \$2.00 per month to preserve \$40.00 to \$60.00 worth of food. All families closely watching expenses are using ice to prohibit the waste of food. As to the use of ice in winter, it is estimated that it is about one-third of the cost in the summer. You will find it will pay to restrict some other trifling expense in order to afford ice for preserving your food.

The cold air shaft or closet has sometimes been relied upon in the past for food protection. But what is worse? The shaft or closet is a carrier of disease germs coming up with the impure air taken from the surface of the ground and usually from under the house, and it also dries up the food and carries away its nutritive qualities — ask your physician.

There is one company in the city furnishing a sterilized steam ice made exclusively of steam raised to a temperature of 400 degrees and then reduced to a temperature of 23 degrees below freezing. This process produces ice of the lowest temperature possible and, therefore, of the greatest refrigerating power and it is thoroughly sterilized. This ice is known as "Frozen Steam." It can be procured from the company making that ice exclusively with a written guaranty placed on each piece of ice delivered that it is made of sterilized steam.

FISH

If more fish and less meat were used in the daily meals, it would help to reduce the cost of living. Fish contains the same food value as meat at a much smaller cost, and furnishes a food that not only tastes good, but is easily digested.

Whitefish, haddock, halibut, cod, flounder, smelts, perch, pickerel, sunfish and croppies belong to the white-fleshed family. Salmon, shad, lake trout, butterfish and herring belong to the red-fleshed family.

As the white-fleshed fish is considered more easy of digestion than the red-fleshed, it should be selected for invalids, convalescents or those suffering from weak digestion.

Fish should be eaten while fresh and in season. Stale fish is poisonous, so great care should be used in its selection. Fish contains albumen, and as albumen (which is like the white of egg) clots at a low temperature, it should be cooked at a temperature below boiling point of water.

Local fish should be used as much as possible. Find out all the kinds of fish that can be obtained in your locality.

How to Select Fresh Fish

Select a fish that has bright eyes and gills, shiny scales, firm flesh, and is free from a disagreeable odor.

How to Clean Fish

Remove the scales by drawing a knife over the fish, beginning at the tail and working toward the head.

Wipe the fish inside and outside with a cloth wet in cold, salted water, then wipe with a clean dry cloth kept for the purpose. Head and tail may or may not be taken off, according to the manner of cooking.

Methods of Cooking Fish

Broiling, baking and steaming are the best methods for cooking fish.

Fish suitable for broiling are: Split mackerel, whitefish, cod, shad, trout, etc., sliced halibut and salmon, white smelts and small fish. To broil—brush with melted fat, sprinkle with flour, salt and pepper, and cook over a flame or clear fire.

Fish suitable for baking whole are: Whitefish, cod, haddock, small salmon, shad. Follow directions for baked fish.

Fish suitable for boiling are: Salmon, halibut, cod, haddock, trout, etc. Cook in piece of cheesecloth. Add 1 tablespoon vinegar and 1 tablespoon salt to each quart of water.

Fish suitable for frying are white-fleshed. Cook in deep fat or sauté in a little fat in a frying pan.

Time Table for Cooking Fish

Baking—thick fish, per pound.....	10 to 15 minutes
Baking—thin fish, per pound.....	8 to 10 minutes
Boiling—thick fish, halibut, salmon, per pound....	15 minutes
Boiling—thin fish, such as flounder, per pound....	8 minutes
Frying—fillets or steaks.....	4 to 7 minutes
Frying—smelts or trout.....	3 to 5 minutes

Test for Cooking Fish

When the fish can be easily separated from the bone, the fish is sufficiently cooked.

Fish—Baked, with Stuffing

Select a fish weighing from 2½ to 4 pounds. Bake with or without stuffing.

Stuffing

1 cup crumbs (bread or crackers, or half and half)	⅛ teaspoon celery salt
¼ cup melted fat	⅛ teaspoon pepper
¼ teaspoon salt	Few drops onion juice, if liked
	¼ cup water

Mix ingredients in order given. If a dry filling is desired, the water may be omitted. Three tablespoons catsup, chopped parsley, capers, pickles, or oysters may be added. Clean and wipe the fish. Rub the inside with salt. Fill with stuffing and sew together. Cut diagonal gashes 1½ inches apart on both sides of the fish and place a strip of bacon or salt pork fat in each gash. Brush with melted fat, sprinkle with salt and pepper. Dredge with flour, tie in the shape of a letter "S" and bake on a baking sheet or strips of cotton cloth (so that it may be easily removed from the pan in a dripping pan). When the flour is browned, baste the fish once in 10 minutes. Cook until the flesh is firm and separates easily from the bone.

Salmon Steaks—Stuffed

Buy slices of salmon ½ inch in thickness. Arrange half the number of slices in a baking pan, on thin slices or strips of salt pork fat. Cover with a well-seasoned bread-crumbs stuffing. Cover with remaining slices of salmon. Sprinkle with flour, salt and pepper. Surround with left-over boiled potatoes, cut into fourths lengthwise. Arrange strips of salt pork fat on top and bake in a moderately hot oven about 30 minutes or until done. Garnish with lemon and parsley.

Broiled Trout or Other Fish

Clean trout; wipe dry. Cut into suitable pieces for serving. Dip pieces in melted fat and broil over a clear fire for about 12 minutes. Other fish may be broiled in the same way.

VEGETABLES

Vegetables should be used generously in our daily meals. They are chiefly valuable for the pure water and mineral matter they contain, which act as a tonic in our bodies. They contain cellulose or wood fiber, which stimulates the digestive organs to carry on their work. The cellulose stimulates the intestines so that their contents are kept constantly moving. Some vegetables contain starch, sugar and other substances.

Peas, beans and lentils will take the place of meat. Spinach is rich in iron, etc. It is well to eat many different kinds of vegetables in order to supply the body with the different kinds of mineral matter and acids they contain.

Buying Vegetables

In buying vegetables, choose those that are in season and plentiful.

Potatoes.—Never buy sprouted potatoes. To test potatoes, cut one in halves, and if it is juicy enough to stick together the potato is good.

Cabbage.—Select those that are hard and heavy, with crisp, white leaves.

Winter Squash.—Select those that are medium-sized with no soft spots.

Summer Squash.—Select those that are light yellow in color, with the shell so tender that it can be broken with the finger nail.

Summer Carrots.—See that the leaves are green and fresh.

Corn.—See that the silk is brown and that the ear is well filled with good kernels that are full of sweet milky juice.

Peas.—Pods should be green and brittle; the peas green and not too large.

String Beans.—Break a pod. It should be brittle.

Lima Beans.—Select those with green, juicy pods.

Spinach.—Choose that with leaves fresh and dirty.

General Rules for Cooking Vegetables

Wash thoroughly. Pare, peel or scrape, if skins must be removed. Skins should be left on to keep in all the food value possible. Soak in cold water until ready to cook. Cook in freshly boiling salted water until tender. Drain off the water, shake over the fire, serve hot with seasoning,

using 2 tablespoons fat, $\frac{1}{2}$ teaspoon salt, and a few grains pepper to 1 cup cooked vegetables, or serve with white sauce.

NOTE.—Allow 1 teaspoon salt to 1 quart of water. Use enough boiling water to cover vegetables. Salt may be added when vegetables are put in, except in the case of delicate green vegetables, as peas, spinach, etc., when it should not be added until the vegetables are nearly done. To preserve the color of green vegetables, cool uncovered. Cabbage onions and turnips should be cooked uncovered in a large quantity of water. By changing the water once or twice during the cooking, much of the strong odor and flavor may be lost. If dried bread be tied in a cheesecloth and placed on top of vegetables during cooking, it absorbs some of the odor. Water in which vegetables have been cooked is called vegetable stock and should never be thrown away but used in soups and sauces.

Winter vegetables should be kept in a cool, dark, dry place. Fresh vegetables may be washed and kept on ice in a clean piece of cloth.

Time Table for Cooking Vegetables in Water

Asparagus	20 to 40 minutes	Lima beans.....	1 hour or more
Beets (young).....	45 minutes	Onions	46 to 60 minutes
Beets (old).....	3 to 4 hours	Parsnips	30 to 45 minutes
Carrots	25 to 30 minutes	Potatoes	25 to 30 minutes
Cabbage	15 minutes	Rice	20 to 35 minutes
Cauliflower	20 to 30 minutes	Spinach	30 to 45 minutes
Celery	20 to 30 minutes	String beans.....	1 to 3 hours
Green peas	30 to 45 minutes	Turnips	45 minutes
Green corn.....	12 to 20 minutes	Tomatoes	1 to 3 hours

How to Prepare Different Kinds of Vegetables

Carrots.—Boil in skins, peel, slice, cube or cut lengthwise. Serve with seasonings, in white sauce or in thickened meat stock; or mash to a pulp, mix with egg and cream and bake in greased cups.

Beets.—Boil in skins, peel, cut in slices, cube or cut as desired, serve plain with seasonings or in white sauce or pickle in diluted vinegar, to which a few cloves, a slice of onion and a little sugar have been added. Cubed boiled beets may be added to corn beef hash mixture.

Parsnips.—Boil in skins, peel, cut as desired, serve hot in seasoned butter or white sauce, or brown in fat, or mash to a pulp, add an egg, teaspoon salt, tablespoon sugar and a few grains pepper to each cup; shape into croquettes, dip in crumbs, egg and crumbs again, and fry in deep fat; or bake mixture in greased molds; or arrange slices or cubes of boiled parsnips, white sauce, and crumbs in layers in a well-greased baking dish and serve as scalloped parsnips.

Turnips.—Boil in skins, peel, serve plain with seasonings or in white sauce. Mix with carrots or prepare as parsnip croquettes.

Rutabago.—Wash and pare, slice, boil and mash, season with fat, salt and pepper and sugar, or scoop out pared and

boiled rutabagos; fill with a mixture of chopped meat, chopped green pepper, onion, parsley, salt, bread crumbs and moisten with white sauce. Brush outside of rutabagos with melted fat, place in a greased pan and bake.

Sweet Potatoes.—Boil in skins, peel boiled sweet potatoes, slice and brown in fat; or put in baking pan, cover with syrup, to which a little salt and fat have been added and bake in the oven until nicely browned. Serve as Glaced Sweet Potatoes. Mash boiled sweet potatoes, serve as Mashed Sweet Potatoes, or add 1 egg, 2 tablespoons sugar, to each 2 cups and shape into croquettes, dip in crumbs, egg and crumbs again, and fry in deep fat. Serve as Sweet Potato Croquettes. Bake in skins, and serve as Baked Sweet Potatoes.

Potatoes.—Boil with or without skins, peel and serve plain or mashed; or prepare as sweet potato croquettes, omitting the sugar. Cut boiled potatoes in slices or cubes and reheat in white sauce and serve as Creamed Potatoes, using $1\frac{1}{2}$ cups sauce to 2 cups potatoes; or, cut boiled or raw potatoes in slices and arrange in layers with a little onion and white sauce, and bake until potatoes are done; or browned on top and serve as Scalloped Potatoes. Hash cold boiled potatoes, and to 4 cups add $\frac{1}{2}$ teaspoon salt, few grains pepper, few drops onion juice, 4 tablespoons milk and mix. Melt 4 tablespoons dripping in frying pan; when melted and browned, pack in potatoes, cook slowly until nicely browned. Fold and serve as Hashed Browned Potatoes. Bake raw potatoes, serve as Baked, or scoop out, mash and cream, and serve as Baked Stuffed Potatoes.

Onions.—Skin and boil. Serve plain with seasonings or in white sauce, or bake whole or stuffed. Cut raw onions in slices, dip in flour and fry in a little fat or in deep fat.

Celery.—Serve raw, boil or fry. Serve boiled celery in white sauce or scallop with rice and white sauce.

Asparagus.—Boil. Use tougher parts of stalks for soups. Tender, served plain or in white sauce. Serve boiled asparagus on scrambled eggs on toast or on fried mush.

Spinach.—Boil. Serve plain, seasoned, or mixed with white sauce.

Cabbage.—Serve raw or boil. Serve plain, seasoned or in white sauce alone or with grated cheese, or scalloped with cheese and white sauce. Boil with pork, or boil cabbage with 2 tablespoons fat, 4 tablespoons vinegar, 1 onion sliced, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, and 2 tablespoons

sugar, 1 hour. Stuff cabbage leaves with boiled rice or chopped meat mixture, roll and tie and boil. Serve on toast as Cabbage Rolls.

Tomatoes.—Dip in hot water, peel, slice, serve raw; or cook cut into sections with 1 teaspoon salt, 2 tablespoons sugar, few grains pepper and $\frac{1}{4}$ cup bread crumbs to 6 tomatoes; $\frac{1}{4}$ onion, cut in pieces, added, gives a pleasing flavor; serve as Stewed Tomatoes. Corn and green pepper may be added to make Mexican Style Tomatoes. Arrange sliced or canned tomatoes, seasoned in layers with bread crumbs or boiled rice or boiled macaroni or spaghetti, in a well-greased baking pan, and bake until nicely browned on top; serve as Scalloped Tomatoes. Stuff raw tomatoes from which slices have been cut off from the tops and pulp removed; fill with boiled rice, bread crumbs, seasoned, and mixed with finely-chopped meat, and bake; serve as Baked Stuffed Tomatoes.

Squash.—Wash summer squash, cut in pieces, remove seeds. Steam 20 minutes. Turn into a cheese-cloth bag, squeeze out water. Mash, season and serve. Cut winter squash in pieces, remove seeds and stringy part, steam or bake. Mash, season and refill shells and serve as Baked Squash.

SALADS AND SALAD DRESSING

Salad and Salad Dressing

Points to be remembered in salad making:

1. Salad herbs and plants should be clean, cold and crisp.
2. Salad materials that are cut should be neat and symmetrical in shape.
3. Meat, fish, etc., and most cooked vegetables used in salads should be well marinated and cold before mixing with crisp plants and sauce.
4. The ingredients composing the salad should not be combined until the last moment before serving.
5. The salad should be well seasoned and attractively garnished.

Waldorf Salad

Let apple and celery, cut in cubes and sprinkled with lemon juice, stand until chilled. Add broken walnut meats and mix with cream dressing. Serve on a lettuce leaf or on lettuce cut in ribbons. The salad may be garnished with small rings of apples sprinkled with lemon juice to keep them white, and with halved English walnuts.

Asparagus Salad

Drain and rinse stalks of canned asparagus. Cut rings from a bright red pepper, one-third inch wide. Place three or four stalks in each ring. Arrange on lettuce leaves and serve with French dressing, to which has been added one-half tablespoonful tomato catsup.

Shrimp Salad

One can best shrimp, three eggs, one large Irish potato. Soak shrimp in cold water for an hour or more. Boil potato and break up with a fork.

Marshmallow Salad

One pound of marshmallows and one pound of malaga grapes, diced; one can of pineapple. Drain juice from pineapple, add one large cup of sugar and boil until the syrup hairs. Drop in the pineapple and boil, but not until it candies. Allow to cool and mix in grapes and marshmallows, and serve with whipped cream.

Fruit Salad

Remove the skins from California grapes, cut in halves and remove skins from the lobes, breaking them in two or walnuts or pecan meats and break in pieces. Peel oranges and remove skins from the lobes, breaking them in two or three pieces. Add pineapple cut in cubes, or break in smaller pieces, slices of canned pineapple. Mix all thoroughly with fruit dressing and serve on lettuce or heart leaves of cabbage.

Fruit Salad

One dozen oranges, pulped and cut in blocks, six bananas cut in squares. Sweeten to taste and stir in one wine glass of grape juice. Freeze and serve on lettuce leaves with mayonnaise dressing.

Pineapple Salad

One can sliced pineapple cut in dice, one cup of celery, cut in small pieces, one cup of walnut meats or pecan meats. Mix all together with cooked cream dressing and serve on tender lettuce leaves. Serve cold.

Grape Fruit Salad

Two large grapefruit.

Three large oranges.

One-half pound California white grapes.

Remove peeling, seeds and cores from grapefruit and oranges, cut into half or three-quarter inch pieces. Cut grapes lengthwise, remove seeds, mix all together carefully,

place on strainer over sauce pan, set on the ice. Just before serving, pour over and mix well with the following dressing:

Four tablespoons olive oil.

One tablespoon juice from the fruit.

One-half saltspoon paprika.

A pinch of cayenne.

Two saltspoons fine sugar.

One bean garlic, chopped fine.

Place oil in china bowl, add slowly the juice, beating with a silver fork. After the juice add other ingredients, beat one minute, mix with fruit, and serve on lettuce.

N. B.—Use more grapefruit and omit oranges and grapes, if desired.

Potato Salad

Five cold boiled potatoes, two bunches celery, one small onion, one-fourth pound nut meats, one-fourth teaspoonful salt, one-fourth teaspoonful pepper, one-eighth teaspoonful cayenne, one-fourth teaspoonful mustard.

Cook the potatoes with the skins on in boiling salted water until tender. When cold cut in cubes. Chop the celery into small pieces, break up the nuts, grate the onion and mix all the ingredients together. Then mix thoroughly with cream dressing. The salad will be much improved if allowed to stand for an hour or two before serving.

Salmon Salad

Flake cold salmon and mix with French or Cream Dressing. Arrange on nests of shredded lettuce. Garnish with the yolk of a hard boiled egg forced through a potato ricer and the white of an egg cut in strips.

Snap Bean Salad

Cut beans in small pieces and boil in salt water until well done. Drain dry. When cool, put on ice. A slice of onion, put in the midst of the beans and allowed to remain until ready for use, gives a fine flavor. Remove onion and stir in a generous amount of mayonnaise. This is simple but is a good salad with cold meats for supper.

Mayonnaise

One tablespoonful vinegar, one tablespoonful lemon juice, one-half teaspoonful salt, one-eighth teaspoonful cayenne, two cups oil (Wesson oil), yolks of two eggs. Beat eggs slightly after pouring over the teaspoon of lemon juice, then add a little oil and beat with a fork until it begins to thicken; add salt, pepper and alternately the oil, vinegar and lemon

juice until all has been used. One half teaspoonful of prepared mustard adds a nice flavor. The best results can be obtained by using a Dover egg-beater instead of fork. The lemon being added first prevents danger of curdling, and oil can be added more rapidly.

Mayonnaise Dressing

One-half teaspoon of salt, one teaspoon of flour, two egg yolks, three-fourths cup of cream, sour or sweet; one teaspoon mustard, one tablespoon butter, two tablespoons sugar, one-fourth cup of vinegar. Mix dry ingredients with butter and add yolks of eggs with cream; lastly add vinegar. Cook in double boiler until it thickens.

Cream Dressing

One-half teaspoonful mustard, one-half teaspoonful salt, few grains cayenne, two teaspoonfuls flour, one-fourth cupful vinegar, one teaspoonful sugar, yolk of one egg, three-fourths cupful milk, two teaspoonfuls butter (melted).

Mix the dry ingredients in a saucepan, stir into them the yolk of egg, butter, and milk. Stir the mixture in double boiler until it begins to thicken, then stir in the vinegar a few drops at a time. When to a cream, stir and cool.

Cooked Salad Dressing

Four eggs, well beaten; six teaspoonfuls milk, one tablespoonful Wesson oil, one-half cupful vinegar, one teaspoonful salt, one teaspoonful black pepper, one teaspoonful mustard. Put all the ingredients on the stove in a saucepan and stir until it thickens. If allowed to cook too long, this curdles. Use cold.

French Dressing

Three tablespoonfuls oil, one-fourth teaspoonful salt, one tablespoonful vinegar or lemon juice, pepper. Mix salt and pepper with oil. Add vinegar slowly and beat.

Cream Dressing

Yolks of three eggs, five tablespoonfuls vinegar, two tablespoonfuls sugar, two tablespoonfuls butter, one-fourth teaspoonful salt, mustard or cayenne pepper (if desired). Beat the eggs until thick, add the vinegar and beat well together. Then add the rest of the ingredients and cook until thick, stirring constantly. Thin with sweet cream to the desired consistency before using.

Frozen Cheese Salad

Beat one cream cheese to a cream with one-fourth cupful of cream and season with paprika, salt, and add one teaspoonful of Worcestershire sauce. Freeze and then pack in mold and serve sliced on lettuce leaves with French dressing.

DESSERTS

Milk and egg desserts are rich in food value. Milk and eggs supply practically all the needs of the body.

Yellow Custard

4 cups scalded milk
4 eggs (if baked in individual cups)
6 eggs (if baked in a large mold)

Few grains nutmeg or cinnamon
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ teaspoon salt

Beat eggs slightly, stir in the sugar and salt. Add the scalded milk slowly to the egg mixture; strain into buttered custard cups and sprinkle a little nutmeg on top of each. Set cups in a pan containing hot water, and bake in a moderate oven until custard is firm. One-half square melted chocolate may be added to the milk, to make chocolate custard.

Custard mixtures may be poured over pieces of buttered toast or untoasted bread; these may be cut into slices, strips or cubes. Cocoanut, raisins, candied orange peel, chopped figs or dates may be put between the layers, or the bottom of the buttered baking dish may be covered with drained fruit, the bread arranged and the whole covered with a custard mixture.

Sponge cake crumbs or crumbles macaroons may be used with an unsweetened custard mixture.

Tapioca Cream Pudding

$1\frac{1}{2}$ tablespoons minute tapioca,
or $\frac{1}{4}$ cup pearl tapioca
2 cups scalded milk
2 eggs

$\frac{1}{3}$ cup sugar
 $\frac{1}{4}$ tablespoon salt
1 tablespoon vanilla
onion

Pick over tapioca and soak 1 hour in cold water to cover. Drain, add to milk and cook in a double boiler until tapioca is transparent. Mix the yolks with the sugar and salt. Combine by pouring hot mixture slowly into egg mixture. Return to double boiler and cook until it thickens while stirring constantly. Fold in whites of eggs beaten until stiff, remove from range, chill and serve.

Rice Pudding

2 cups steamed rice
2 or 3 eggs
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup dates, stoned and cut
into small pieces
6 eggs (if baked in a large mold)

Add well-beaten yolks of eggs, sugar, milk and dates, cut in small pieces, to the steamed rice. Fold in the stiffly-beaten white and bake 30 minutes in a well-buttered and crumbed baking dish. Serve with cream or fruit sauce.

Raisins may be used in place of dates. The eggs and milk may be omitted and the sugar and fruit added to the steamed rice and served.

Custard Sauce

1½ cups scalded milk	⅛ teaspoon salt
Yolks 3 eggs	½ teaspoon vanilla
¼ cup sugar or syrup	

Beat the yolks slightly, add sugar and salt. Stir constantly while adding gradually the hot milk to the yolk mixture. Return to the double boiler. Cook in the double boiler, stirring constantly until mixture thickens, and a coating is formed on the spoon. Chill and flavor. If cooked too long, custard will curdle. Should this happen, beating the mixture with a Dover egg beater will restore the smooth consistency. When eggs are scarce, use 2 yolks and ½ tablespoon cornstarch.

Chocolate Blanc Mange

Prepare according to recipe for blanc mange. Add 1 square of melted chocolate, to which ¼ cup of boiling water has been added. Mix thoroughly. Mold and chill. Serve with plain or whipped cream.

Prune Pudding

½ pound prunes	Rind ½ lemon
2 cups cold water	1-in. piece stick cinnamon
1 cup sugar or syrup	1½ cups boiling water
1 tablespoon lemon juice	⅓ cup cornstarch

Pick over and wash prunes, then soak 1 hour or more in cold water to cover. Boil until soft in the water in which they have been soaked. Remove the stones, add sugar, lemon juice and rind, cinnamon and boiling water. If syrup is used, add two more tablespoons of cornstarch. Simmer fifteen minutes. Remove cinnamon, mold and chill. Serve with plain or whipped cream. Chopped almonds may be added to the mixture just before being poured into the mold.

Fruit Tapioca Pudding

¾ cup tapioca	½ cup sugar
Cold water to cover	1 tablespoon lemon juice
2½ cups boiling water	Few grains nutmeg and
2 cups fruit sauce	cinnamon
¼ teaspoon salt	

Wash and soak the tapioca and sago 1 hour or more in enough cold water or fruit juice to cover; add the boiling water, cooked fruit, fruit juices, salt, sugar and lemon rind. Cook in a double boiler until tapioca is transparent. Mold, chill and serve with cream and sugar. Minute tapioca may be used, and this requires no soaking.

Plum Pudding Without Eggs

1 quart cooked mashed carrots	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ pound finely-chopped suet	$\frac{1}{2}$ grated nutmeg
$\frac{1}{2}$ cup sugar	(Dredge with flour)
(Sift together)	1b pound currants
2 cups flour or bread crumbs	1b pound raisins
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{2}$ pound citron
1 teaspoon cinnamon	

Mix ingredients in order given. Steam $3\frac{1}{2}$ hours in a buttered mold. May be steamed in individual molds. Carrots should be forced through a fine strainer.

Hard Sauce

$\frac{1}{2}$ cup butter	1 cup powdered sugar
$\frac{2}{3}$ teaspoon vanilla extract	$\frac{1}{2}$ teaspoon lemon extract

Cream the butter, add sugar gradually and flavoring. To hard sauce may be added a little fruit juice or jam, such as raspberry or strawberry.

Lemon Sauce

$\frac{1}{2}$ cup sugar	1 teaspoon butter
1 tablespoon cornstarch	$1\frac{1}{2}$ teaspoons lemon juice
$1\frac{1}{2}$ cups boiling water	

Mix sugar and cornstarch. Add boiling water gradually, stirring until thickened. Boil 5 minutes. Add butter and lemon juice. Serve.

Lemon Jelly

2 tablespoons granulated gelatin	1 cup sugar
$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ cup lemon juice
2 to $2\frac{1}{2}$ cups boiling water	Rind 1 lemon

Soak gelatin 20 minutes in cold water, then dissolve in boiling water. Add sugar, the lemon juice and rind; strain into a mold and chill. Beating the lemon jelly while it is jelly-like with a Dover egg beater will make it white and fluffy. Orange, raspberry or other fruit jelly may be made in the same way, using $\frac{1}{2}$ cup of the fruit juice with lemon juice to taste.

Spanish Cream

2 tablespoons granulated gelatin	$\frac{1}{8}$ teaspoon salt
3 cups milk	3 egg whites
3 egg yolks	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar or syrup	

Reserve $\frac{1}{4}$ cup milk to soak gelatin. Scald the remaining $2\frac{3}{4}$ cups of milk. Separate the eggs, beat the yolks, add the sugar and salt; stir in the scalded milk slowly and cook in double boiler until custard thickens, stirring all the time. Remove from fire, add the soaked gelatin and stir until dissolved, then strain. Beat the whites until stiff, fold into mixture. Flavor and turn into cold wet mold. Chill.



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CAKES

Plain Cake

$\frac{1}{3}$ cup fat	3 teaspoons baking-powder
1 cup sugar	$\frac{1}{8}$ teaspoon salt
3 egg yolks	3 egg whites
$\frac{2}{3}$ cup milk	1 teaspoon vanilla
2 cups flour	

Cream the fat, add sugar gradually and continue to cream until the mixture is creamy. Add the well-beaten yolks, the milk alternately with the flour mixed and sifted with the baking-powder and salt. Beat mixture thoroughly. Fold in the stiffly beaten whites and vanilla. Bake in a loaf or layers.

Chocolate Cake

Make same as Plain Cake, adding one square melted chocolate cooked with 2 tablespoons boiling water, to the fat and sugar mixture.

Marble Cake

Make same as Plain Cake, adding $\frac{1}{2}$ square melted chocolate cooked with 1 tablespoon boiling water, to $\frac{1}{2}$ of the batter. Arrange spoonfuls of dark and white mixtures in a well-greased pan.

Fig Cake

Make same as Plain Cake. Add $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon cloves, $\frac{1}{2}$ cup finely-chopped figs to $\frac{1}{3}$ of the batter. Bake this in 1 layer and the remaining $\frac{2}{3}$ in 2 layers. When done, put fig layer between the other two, a layer of frosting between each.

Light Fruit Cake

Make same as Plain Cake, adding $\frac{1}{4}$ cup finely-cut citron, $\frac{1}{4}$ cup currants, $\frac{1}{4}$ cup raisins and $\frac{1}{4}$ cup finely-chopped nuts.

Nut Cake

Make same as Plain Cake, adding 1 cup nut meats and 2 tablespoons less shortening.

Chocolate Cake

$\frac{1}{2}$ cup fat	$1\frac{1}{2}$ cups flour
1 cup sugar	$2\frac{1}{2}$ teaspoons baking-powder
2 eggs	2 squares chocolate
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon vanilla

Cream the fat ;add sugar gradually, eggs well beaten and milk. Add flour mixed and sifted with baking-powder. Beat thoroughly, then add chocolate and vanilla. Bake in layers. Frost with White Mountain Cream frosting to which 3 tablespoons of grated chocolate have been added. One cup

molasses may be substituted for the sugar, using only 3 tablespoons milk, adding $\frac{1}{4}$ teaspoon soda and substituting rye flour for the white.

Quick Cake

$\frac{1}{2}$ cup soft fat (scant)	(Mix and sift)
$1\frac{1}{2}$ cups brown sugar	$1\frac{2}{3}$ cups bread flour
2 eggs	3 teaspoons baking-powder
$\frac{1}{2}$ cup milk	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ pound dates or $\frac{1}{2}$ cup raisins	$\frac{1}{2}$ teaspoon nutmeg

Put ingredients in bowl in order given, and do not stir until all have been added. Beat for 3 minutes. Bake in a buttered or greased pan from 35 to 45 minutes. May be baked in muffin tins. One-quarter cup cocoa may be added.

Sour Cream Cake

$1\frac{1}{2}$ cups sour cream	$2\frac{1}{2}$ cups flour
$1\frac{1}{2}$ cups sugar	$2\frac{3}{4}$ teaspoons baking-powder
3 eggs, well beaten	$\frac{2}{3}$ teaspoon soda

Measure ingredients in order given, sifting flour, baking-powder and soda. Beat thoroughly. Bake.

Cream Sponge Cake

Yolks 4 eggs	$1\frac{1}{2}$ teaspoons baking-powder
1 cup sugar	1 teaspoon lemon extract
3 tablespoons cold water	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ tablespoons cornstarch	Whites 4 eggs
1 scant cup of flour	

Beat yolks until thick; add sugar gradually and beat 2 minutes. Then add water. Mix and sift cornstarch, flour, baking-powder and salt, and add to first mixture. Fold in stiffly-beaten whites and flavoring. Bake about 20 minutes in a moderate oven. This cake may be made with 2 eggs, and using 2 additional teaspoons of baking-powder and 2 additional tablespoons water.

Martha Washington Pie

Bake cream of sponge cake mixture in 2 layers. Cool; fill between layers and spread on top with whipped cream, sweetened and flavored with vanilla.

Cake Frostings and Fillings

Good frosting requires as much skill in making as candy. Boiled frostings are more delicious than those made with confectioners' sugar. When sugar is scarce, omit frostings on cakes, and use fillings only. ff

Boiled Frosting or White Mountain Cream

1 cup sugar	Whites of 1 or 2 eggs
$\frac{1}{2}$ cup water	$\frac{1}{2}$ teaspoon flavoring
$\frac{1}{16}$ teaspoon cream of tartar	

Dissolve the sugar and cream of tartar in the water. Cover the saucepan first 5 minutes of cooking to prevent the formation of crystals on the sides of the saucepan. If 1 beaten egg is used, boil the sugar solution to the soft-ball

stage, until it forms 2-inch threads when dropped from a spoon or fork. If 2 egg whites are used, boil to the firm-ball stage. The syrup should not be stirred during the process of cooking, nor the saucepan moved. If crystals do collect on the sides of the saucepan, remove with a wet cloth or wet brush. When the sugar solution has boiled to the right temperature, pour it gradually into the stiffly-beaten whites of eggs, beating continually while pouring, and continue beating until of right consistency to spread on the cakes. Flavor.

Nut Frosting

Add nut meats to White Mountain Cream.

Lady Baltimore Frosting

Add nut meats, chopped figs, chopped angelica to White Mountain Cream.

Minnehaha Frosting

Add chopped seeded raisins to White Mountain Cream.

Maple Frosting

Substitute maple sugar for granulated sugar in White Mountain Cream.

Chocolate Frosting

Add 1 square melted chocolate to White Mountain Cream.

Milk Frosting

2 cups sugar

½ tablespoon butter

⅔ cup milk

1 teaspoon vanilla

Boil first 3 ingredients to soft-ball stage. Remove from fire, let stand about 8 minutes and beat until creamy. Add vanilla.

Cream Filling

¾ cup sugar

2 eggs

⅓ cup flour

2 cups scalded milk

1 teaspoon salt

1 teaspoon vanilla

Mix dry ingredients; add eggs slightly beaten, and pour in gradually the scalded milk. Cook 15 minutes in double boiler, stirring constantly until thickened. Cool and flavor.

Chocolate Cream Filling

Add 1½ squares melted chocolate to Cream Filling mixture.

Marshmallow Filling

1 cup sugar

2½ tablespoons hot water

⅓ cup milk

1 teaspoon vanilla

½ pound marshmallows, cut
into small pieces

Boil sugar and milk until soft-ball stage is reached. Melt marshmallows in a double boiler, add hot water and cook mixture until smooth, stirring continually while adding milk and sugar mixture. Beat until cool.

SAUCES TO SERVE WITH PUDDINGS AND ICE-CREAM

Chocolate Sauce

2 squares chocolate, melted 1 tablespoon cornstarch mixed
1 cup boiling water with 1 tablespoon cold water
 $\frac{1}{2}$ cup syrup or sugar

Add the boiling water to the sugar or syrup, then add gradually to the melted chocolate, stirring all the time while adding. Heat to boiling point, add the cornstarch mixture and boil 5 minutes. Flavor with vanilla and serve hot or cold.

Fruit Sauce

1 tablespoon cornstarch mixed 2 tablespoons lemon juice
 with 1 tablespoon cold water Chopped fruit or chopped fruit
 $\frac{1}{2}$ cup sugar or syrup and nuts
 $1\frac{1}{2}$ cups boiling water

Add the cornstarch mixture to the sugar or syrup and then the boiling water and obli 5 minutes; add the lemon juice, cool, and add the chopped fruit.

Banana Filling

1 cup banana pulp June $\frac{1}{2}$ lemon
 $\frac{1}{2}$ cup sugar 1 tablespoon butter

Cook and stir until thickened.

COOKIES

Peanut Cookies

2 tablespoons fat $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cup sugar $2\frac{1}{2}$ tablespoons milk
1 egg, well-beaten 1b cup chopped peanuts
 $\frac{1}{2}$ cup flour $\frac{1}{2}$ teaspoon lemon juice
1 teaspoon baking-powder

Cream the fat, add sugar gradually, add well-beaten egg. Mix and sift baking-powder, salt and flour ;add to first mixture. Then add milk, peanuts and lemon juice. Drop from tip of a spoon on an unbuttered sheet 1 inch apart. Place $\frac{1}{2}$ peanut on top of each. Bake 12 to 15 minutes in a slow oven. This makes 24 cookies.

Chocolate Drop Cookies

$\frac{1}{2}$ cup fat $\frac{1}{2}$ teaspoon soda
1 cup light brown sugar 2 squares melted chocolate
1 well-beaten egg 1 cup chopped nuts
 $\frac{1}{2}$ cup milk 1 teaspoon vanilla
 $1\frac{1}{2}$ cup flour (may be par buck-
 wheat)

Cream the fat, all the brown sugar gradually, then the well-beaten egg, milk and the flour mixed and sifted with

the soda. Stir in the melted chocolate, chopped nuts and vanilla. Drop mixture by spoonfuls onto a well-buttered pan.

Fruit Cookies

$\frac{1}{3}$ cup fat	1 tablespoon hot water
$\frac{1}{2}$ cup sugar	$1\frac{1}{4}$ cups flour
1 egg	$\frac{1}{3}$ cup raisins
$\frac{1}{3}$ teaspoon soda	

Cream the fat, add sugar gradually, and eggs, well beaten. Add soda dissolved in water, $\frac{1}{2}$ flour mixed and sifted with salt and cinnamon. Then add nut meat, fruit and remaining flour. Drop by spoonfuls onto a greased tin, 1 inch apart, and bake in a moderately hot oven.

Oatmeal Cookies

1 cup fat	2 cups flour
1 cup sugar	1 teaspoon soda
2 beaten eggs	1 teaspoon cinnamon
@ cup milk	@ teaspoon salt
2 cups oatmeal	1 cup raisins

Cream the fat, add the sugar gradually and work until creamy. Add the well-beaten eggs, milk and oatmeal, the flour, soda, cinnamon and salt mixed and sifted, and the raisins. Drop by teaspoonfuls onto a buttered pan. Bake.

Filled Cookies

Roll cookie dough into rectangular shape, sprinkle with spices or spread with fruit or fruit nut mixture. Fold, roll again and cut out and bake.

PASTRY

General Directions

Use butter substitutes for the fat.

Rub in with the tips of the fingers or chop in with a knife.

Add enough cold water to make a stiff dough, using a knife for mixing.

All the ingredients must be cold.

Handle the dough as little as possible, and keep it as cold as possible, as heat melts the fat and makes it difficult to handle the dough.

Use as little flour as possible during the rolling.

Cut the pastry a little larger than the dish to allow for shrinkage.

Recipe for Pastry

1½ cups flour
½ teaspoon salt
⅓ to ½ cup shortening

Cold water to make a stiff
dough, about 4½ tablespoons

Mix and sift the flour and salt. Rub in shortening with tips of fingers or cut it into the flour with 2 knives. Add the cold water, using a knife for mixing. Knead the dough lightly into a ball. Cut in two; roll into circular pieces to fit pie tin.

Apple Pie

5 sour apples
⅛ teaspoon salt
½ cup sugar
1 teaspoon butter

@ teaspoon cinnamon
1 teaspoon lemon juice
⅛ teaspoon nutmeg
Few gratings lemon rind

Line pie plate with paste. Pare, core and cut apples and fill the pie. Mix the dry ingredients and lemon juice, and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, pressing the edges close together. Bake in a hot oven 40 to 45 minutes, or until fruit is cooked.

Lemon Pie

1 cup sugar
3 tablespoons cornstarch
1 cup boiling water
1 teaspoon butter

Grated rind 1 lemon
2 egg yolks
Juice 1 lemon

Mix cornstarch and sugar; add to boiling water, stirring constantly. Cook until clear; add the butter, beaten yolks, lemon juice and rind. Cool. Line plate with paste. Prick the paste and bake. Fill with lemon mixture and cover with meringue, and bake until meringue is brown.

Meringue

Whites 2 eggs
1½ tablespoons lemon juice

2 tablespoons sugar or powdered sugar, and @ teaspoon vanilla

Beat the whites stiff; fold in sugar and add flavoring.

Cocoanut Cream Pie

1½ cups scalded milk
⅓ cup sugar
@ teaspoon salt
3 tablespoons cornstarch

Yolks 3 eggs
1 tablespoon butter
½ cup shredded cocoanut
½ teaspoon vanilla

Add the sugar, cornstarch and salt to the egg yolks. Pour the scalded milk into this, return to double boiler, stir and cook until thickened. Add the butter, cocoanut and vanilla. Pour into a pie tin lined with pastry. Bake. Cover with meringue.

Mince Pie

Line a pie tin with pastry. Fill with mince meat. Cover with pastry.

Mince Meat

1½ cups chopped beef (roast or steak)	1 teaspoon salt
1 pint chopped apple	1 teaspoon mace
½ cup chopped suet	Grating of nutmeg
1⅓ cups sugar	¼ teaspoon cloves
1 cup cider	½ teaspoon cinnamon
½ cup syrup from sweet pickle jar	⅔ cup raisins (Sultana pre- ferred)

Mix all together. Cook 1 hour. Put into sterilized jars.

Cranberry and Raisin Pie, or Mock Cherry Pie

2 cups cranberries	½ cup cracker crumbs
1 cup water	1 egg
½ cup seeded raisins	1 tablespoon lemon or orange juice
1 cup sugar	

Boil first 3 ingredients until cranberries burst open, then add the sugar. Cool, add the cracker crumbs, egg and orange juice. Line a pie plate with pastry. Fill with fruit mixture. Arrange strips of pastry lattice fashion over top and bake in a quick oven 25 minutes.

Pumpkin Pie

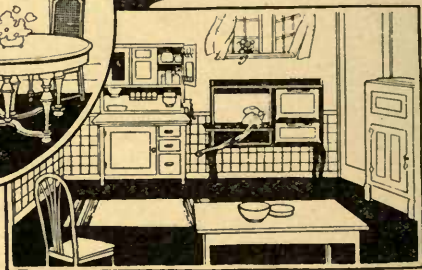
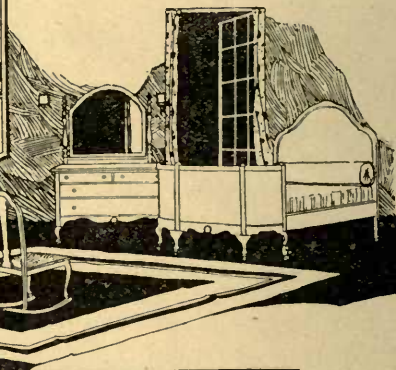
1¼ cups steamed pumpkin forced through a strainer	⅓ teaspoon cloves
¼ cup sugar	½ teaspoon salt
½ teaspoon cinnamon	1 slightly beaten egg
¼ teaspoon ginger	⅞ cup milk

Mix ingredients in order given. Bake in a pie tin lined with pastry.



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First Aid In The Home

BEFORE THE DOCTOR COMES

If patient vomits, turn him on one side with head low.

Cover and dress all wounds immediately, using antiseptic treatment and bandages when possible.

If conscious, give warm drinks, tea, coffee or milk—not whiskey unless ordered by physician.

Apoplexy.—Raise head slightly, apply cold water to the head. Loosen all tight clothing. Do not give stimulants.

Bites of Dogs, Cats and Other Animals.—Wash with an antiseptic. If the animal has been sick suck the wound and apply carbolic acid or caustic. Keep patient warm; apply mustard plaster to feet and wrists. Rub arms and legs.

Bites of Mad Dog or Snake.—Tie cord tight about wound. Suck wound and cauterize with caustic or white-hot iron at once, or cut out adjoining parts with a sterilized sharp knife. After bleeding has stopped, apply caustic or carbolic acid. Give stimulants—whiskey, brandy, etc.

Bleeding.—Bleeding should be stopped immediately. The blood from an artery may be known by the fact that it issues from the wound in jets, and is of a bright red color. The blood from a vein is darker, and flows in a continuous stream. To stop the flow of blood from an artery, tightly compress the limb above the wound. Bleeding from a vein may generally be stopped by a bandage over the wound.

Burns and Scalds.—Cover with baking soda and lay on wet cloths. When large areas are involved, apply mixture of white of eggs and sweet oil or linseed oil. Sweet oil or linseed oil mixed with equal parts of limewater is also an effective application. Olive oil or linseed oil, plain or mixed with chalk or whiting may also be used. Do not attempt to dress burns if severe, but cover with gauze or lint and summon a physician or take patient to a hospital.

Cinders in the Eye.—Roll soft paper up like a lamplighter, wet tip to remove, or use medicine dropper to draw out. Rub other eye.

Cuts.—Cleanse cuts with warm water to which has been added one or two drops of carbolic acid; draw edges together with strips of plaster.

Fainting.—Place patient flat on back with head lower than rest of body. Allow fresh air, and sprinkle face and neck with water. Give hartshorn or amonia to inhale; keep feet warm.

Fire in One's Clothing.—Don't run—especially not downstairs or out-of-doors. Roll on carpet, or wrap in woolen rug, blanket, shawl, coat or any woolen article at hand. Keep the head down, so as not to inhale flame. Cover blistered parts with sweet oil.

Fire From Kerosene.—Don't use water, it will spread the flames. Dirt, sand, or flour is the best extinguisher, or smother with woolen rug, table-cloth or carpet.

Nose Bleed.—Bathing the face and neck with very cold water while sitting upright, will often stop nose bleed. Apply cold to back of neck. If rather severe, snuffing up a little cold water in which a little alum has been dissolved is effective.

Poisoning.—See chapter on poisons.

Sprain.—Absolute rest; apply ice or ice water cloths to joint, or bathe with lead water and laudanum, arnica and water or alcohol and water. After experiencing relief move affected part gently, rubbing with liniments to prevent stiffness.

Sprains of Wrist, Hand, Ankle or Foot.—Put into water as hot as can be borne for ten or fifteen minutes. Then apply firm bandage, elevate and rest limb. If you cannot secure a surgeon promptly, put limb in water again at end of two or three hours.

Stings of Venomous Insects, Etc.—Oil of cinnamon applied with a straw, or a small brush, will destroy the poison. Onion juice will give instant relief from sting of wasp or bee. In the case of many venomous insects the application of weak ammonia, sweet oil, salt water or iodine, is beneficial.

Poisoning is an emergency of life or death. Every moment is valuable. It is necessary to induce vomiting promptly, in order that the stomach may be emptied. To accomplish this give large drafts of mustard water, or salt dissolved in warm water. Repeat this treatment every few minutes and after each dose put the forefinger down the throat as far as possible. The wine of ipecac will also produce vomiting; to children, give in teaspoonful doses every few minutes; to adults give a tablespoonful at a time. Follow each dose with a glass of warm water. For narcotic poisons, such as opium, laudanum, soothing powders or syrups, paregoric, morphine, induce copious vomiting, then give large quantities of strong coffee and keep constantly aroused.



